

metro[®]



TAKE NYC CORRECTION OFFICER TEST #9303
September 1, 2018 – September 29, 2018



nyc.gov/jointheboldest

[#jointheboldest](https://twitter.com/jointheboldest)

JOIN THE AGENCY OF OPPORTUNITY

#jointheboldest

CORRECTION OFFICER

Starting salary: **\$43,333**

After 5½ years: **\$99,073**

13 paid vacation days

11 paid holidays

Unlimited paid sick days

Excellent benefits

NYC Correction Officers do important work. They help prepare incarcerated individuals to successfully re-enter their communities.

NON-UNIFORM OPPORTUNITIES

You can make a difference as a civilian employee. We have an immediate need for:

Investigators

Attorneys

Cooks

See the full list of open roles on our website.

YOUTH OPPORTUNITIES

Youth Explorer Program for high school students 14 – 21.

#DOCYouthExplorers

CEEDS at John Jay College for Criminal Justice for juniors and seniors. **#DOCCEEDS**

Summer Internship Program for college and law students.

#DOCSummerInterns

VOLUNTEER OPPORTUNITIES

Already have a career you love? Join us as a volunteer!

We rely on an array of volunteers to provide activities and programs to help those who are incarcerated begin new, empowered lives.

Be part of the change.

TAKE THE CORRECTION OFFICER EXAM TODAY!

#9303 September 1, 2018 – September 29, 2018

#9305 October 1, 2018 – October 31, 2018



nyc.gov/jointheboldest



metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Monday, September 10, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

MOONVES RESIGNS

The CBS CEO stepped down after more sexual misconduct allegations surfaced. 5



GETTY IMAGES

Former model ditches runway for 700-mile desert run. 8

Once just pretty, pink is now the color of resistance. 12

Swedish Institute
College of Health Sciences

Where **healthy** careers begin.

Last chance for Sept. classes



Allied Health Programs

STUDY THE FIELDS OF:

Medical Assisting • Medical Billing •
Surgical Technologist • Massage Therapy
Personal Training • Nursing

Visit our Open House

Tues. Sept. 11th 10am-7pm

151 West 26th St., NY NY 10001

Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit <http://www.swedishinstitute.edu/disclosures>.

RUFF REALITY



PHOTO ILLUSTRATION ISTOCK

Finding out your dog's DNA with an at-home kit may be fun, but using the information as an alternative to veterinary care can be dangerous to your pets, experts are warning. 4



▶ Former 'Stranger Things' star talks new Netflix project. 16



GETTY IMAGES

THINGS
TO
KNOW

MORGAN ROUSSEAU, MANAGING EDITOR

Metro's got a lot going on this month. Be sure to pick up your dose of daily news this week as we cover the 17th anniversary of the September 11 terror attacks as well as New York's Democratic Primary. Next week we'll take a look at Puerto Rico's recovery one year after Hurricane Maria. And as always, be sure to visit us at metro.us for the latest news, sports and lifestyle stories you need to know.

WELCOME TO
METRO.USTRUMP TO OFFER WRITTEN
RESPONSES IN LAWSUIT

President Donald Trump has agreed to provide written answers to questions in a defamation lawsuit brought by a former contestant on the television show "The Apprentice," according to court papers filed on Friday. Lawyers for Trump and "Apprentice" contestant Summer Zervos agreed to exchange sworn answers to written questions by Sept. 28, according to the filing in New York State Supreme Court. Zervos' lawyer Mariann Wang declined comment. Trump's lawyer Marc Kasowitz could not immediately be reached. Zervos, an "Apprentice" contestant in

2005, had accused Trump of kissing her against her will at his New York office in 2007 and later groping her at a meeting at a hotel in California. She came forward with the allegations in October 2016 shortly before Trump's election. Trump has denied the allegations. Zervos sued Trump for defamation in 2017 after he labeled such allegations lies and retweeted a post calling her claims a hoax. Trump and Kasowitz have been fighting the lawsuit, arguing in court filings that a sitting U.S. president is immune from being sued in a state court during his term in office.

SECOND SPAN OF CUOMO
BRIDGE SET FOR TUESDAY

Tuesday will be the scheduled opening of the second span of the new Mario M. Cuomo bridge, according to reports from ABC7. The opening of the second span of the bridge was delayed over the weekend after a piece from the nearby Tappan Zee bridge became unstable and had the potential to fall onto the new bridge, according to reports. At a Sunday press



conference, Cuomo called the situation a "bizarre coincidence." "We need to know what's happening with the old bridge before we can put traffic on the new span, because we've been waiting for the new span for one year," he told reporters at a press conference, according to NBC4. "The last thing we're going to do is threaten public safety for a day or so." The New York Times reported that on Friday, crew members taking apart the Tappan Zee heard a "loud pop," coming from the bridge. JEFF TOMKO

DJOKOVIC WINS 2018 US OPEN

Novak Djokovic of Serbia celebrates after winning the U.S. Open men's singles finals match against Juan Martin del Potro of Argentina on Sunday at the USTA Billie Jean King National Tennis Center in Flushing, New York. Djokovic won in straight sets, 6-3 7-6, 6-3. [Read more on metro.us/sports](http://metro.us/sports)



GETTY IMAGES

RUSSIA SAYS US DROPPED
BOMBS OVER SYRIA

Russia's military said on Sunday that two U.S. F-15 fighter jets dropped phosphorus bombs over Syria's Deir al-Zor province on Saturday, the TASS and RIA news agencies reported, an allegation the United States denied. The air strikes targeted the village of Hajin, the last major stronghold of Islamic State in Syria, and resulted in fires, but there was no information about casualties, the Russian military said. A Pentagon spokesman denied that U.S. planes dropped phosphorus bombs. "At this time, we have not received any reports of any

use of white phosphorus," said Commander Sean Robertson. "None of the military units in the area are even equipped with white phosphorus munitions of any kind." Human rights groups have said the U.S.-led coalition against Islamic State has used white phosphorus munitions over the course of the Syria conflict. The bombs can create thick white smoke screens and are used as incendiary devices. The rights groups criticize use of the munitions in populated zones because they can kill and maim by burning people to the bone.

FLORENCE STRENGTHENS,
HEADS TOWARD EAST COAST

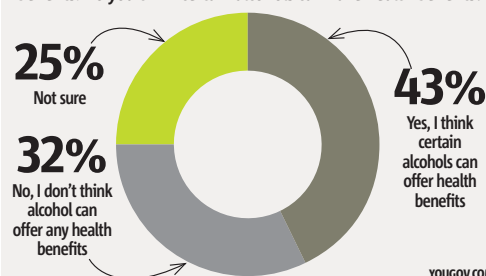
Florence intensified into a hurricane on Sunday and is expected to strengthen rapidly as it churns across the Atlantic Ocean toward the East Coast, where it could make landfall by the end of the week. With winds at 75 miles per hour, Florence became a Category 1 hurricane and was expected to develop within a day into a major storm, defined as Category 3 or higher, according to the National Hurricane Center (NHC) in Miami. "Make your plans now," South Carolina Gov. Henry McMaster urged residents during a Sunday afternoon news conference. "Presume that a major

hurricane is going to hit right smack-dab in the middle of South Carolina." Forecasters were also tracking two more storms further out in the Atlantic, with Tropical Storm Isaac expected to become a hurricane later on Sunday as it barreled toward the Caribbean. U.S. residents from South Carolina to Virginia were warned that Florence posed an increasing risk of life-threatening coastal storm surge, as well as flooding from heavy rainfall inland. On its current trajectory, winds from the hurricane could reach the southeastern United States late on Wednesday or Thursday.

STATS

ALCOHOL CONSUMPTION
HEALTH BENEFITS

A new study suggests that there is no level of alcohol consumption that is "healthy," contradicting previous reports that moderate amounts of wine and other alcohols could have health benefits. Do you think certain alcohols can have health benefits?



YOUNGOW.COM

40% OFF
Vostro 14 5000

Starting price \$1,127.14 | Save \$458.14

\$669

As low as: \$21/mo*

8th Gen Intel® Core™ i5 processor,
Windows 10 Pro, 8GB memory*, 256GB* SSD.
Order code: CAV145W10P1C206

14"

**SMALL**
BUSINESS**SAVE**
UP TO
40%Plus, free ProSupport* with select
PC purchases and get no interest
financing if paid in full within
6 months on select PCs \$699+.^Δ**DELL**
ANNUAL
SALE

21.5"

Add the Dell 22 Monitor - P2219H for \$229.99

FREE: 3 YEARS
PROSUPPORT*
OptiPlex 3060 MicroStarting price \$1,055.72 |
Save \$368.73**\$686⁹⁹**After coupon* **SAVE35**
As low as: \$21/mo*8th Gen Intel® Core™ i5 processor,
Windows 10 Pro, 8GB memory*,
256GB* SSD, 3 Free Years
ProSupport included.*Order code:
S019O3060MFFUSPS

25"

\$100 DELL PROMO
eGIFT CARD INCLUDED
Dell 24 UltraSharp
Monitor - U2415Starting price \$399.99 |
Save \$170**\$229⁹⁹**

As low as: \$15/mo*

Revel in the superior screen
performance of the Dell
UltraSharp 24 Monitor, loaded
with premium features for an
exceptional viewing experience,
without the premium price tag.
SKU: U2415**Free ProSupport.** Stress less with award-
winning ProSupport. For a limited time,
get free ProSupport* with the purchase of
select business PCs. Visit Dell.com/sbservices
to learn more.**Small Business Technology Advisors.** Our
US-based team can help you customize the
right PC and service options for your business.**Shop Dell.com/businessdeals**
or call 877-BUY-DELL**FREE**
SHIPPING**CUSTOMIZABLE**
PCs & SERVICES**FREE**
PROSUPPORT

*Offers valid 9/10/2018 - 9/30/2018.

Dell Business Credit: Offered to business customers by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of \$15 or 3% of the new balance shown on the monthly billing statement.**No Interest if Paid in Full Within 6 Months:** Available at time of purchase on qualifying PCs \$699 or more when using Dell Business Credit on August 27, 2018 through September 30, 2018 (excludes Chromebooks). Minimum purchase amount may be required. Minimum monthly payments are required, but may not pay your purchase in full by the end of the promotional period due to purchase amount, promotion length, additional purchases or allocation of payments in excess of the minimum payment. Promotional offer is valid only when account remains in good standing. Accrued Finance Charges will be billed from the transaction posting date. If the purchase balance is not paid in full within 6 months. Certain restrictions apply. Assumes product is available. Any promotional offer is limited-time and intended for qualified customers. Offers, including those at Dell.com, may vary, are subject to credit approval and may be changed without notice. PROMOTION DOES NOT INCLUDE printer cables, toner, warranty or any peripheral items. Refurbished and/or used purchases do not qualify for promotions. Promotional financing is made available to Dell Direct customers only and is not combinable with other Dell, DFS or other vendor offers. *Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid only in Continental (except Alaska) U.S. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Rewards are issued to your online Dell Advantage Loyalty Rewards Account (available via your Dell.com My Account) typically within 30 business days after your order's ship date; Rewards expire in 90 days (except where prohibited by law). *Current rewards balance* amount may not reflect the most recent transactions occurring within the past 30 business days. Bonus rewards on select purchases identified at dell.com/businessrewards or by calling 800-456-3355. Total rewards earned may not exceed \$2,000 within a 3 month period. Any balance remaining on your purchase after Rewards are applied may not be paid with DBC and instead a separate form of payment must be used. Outlet purchases do not qualify for rewards. Expedited Delivery not available on certain TVs, monitors, batteries and adapters, and is available in Continental (except Alaska) U.S. only. Other exceptions apply. Not valid for resellers and/or online auctions. See Dell.com/businessrewardsfaq. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Small Business Tech Advisor and we'll walk you through the process. Learn more at dell.com/sbpricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Dell ProSupport availability and terms vary by region. See dell.com/servicecontracts/global. *Promotional eGift Card arrives via email 10-20 days from ship date. Expires in 90 days. Coupon SAVE35 offers valid through 10/1/18, at 8 am ET. Save 35% off select business PCs. Coupon valid with select other offers, but not with other coupons. Limit of 5 items per customer. Excludes: Select OptiPlex PCs, XPS PCs, Inspiron PCs, PowerEdge Servers & select PCs. See Dell.com/SBXexclusions for details. *Free ProSupport: Select OptiPlex PCs qualify for up to 3 years of ProSupport included at no additional cost. Select Latitude PCs qualify for 1 year of ProSupport included at no additional cost. Get one year of ProSupport included with your purchase of select Inspiron, Vostro and XPS PCs. Must select option during checkout to qualify for the discount. Excludes XPS 13 Developer Edition. Offer cannot be combined with any other service offer. Limited to Small Business customers. Does not apply to products offered for personal, family, or household purposes. Limited time offer. Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium Inside, vPro Inside, Xeon, Xeon Phi, Xeon Inside, and Intel Optane are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. *To use Windows Hello with biometrics specialized hardware, including fingerprint reader, illuminated IR sensor, or other biometric sensors is required. Hardware based protection of the Windows Hello credential/keys requires TPM 1.2 or greater, if no TPM exists or is configured, credentials/keys protection will be software-based. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2018 Dell Inc. All rights reserved. 261926Windows Hello*:
you are the password. **Windows 10**

NEWS



Dog DNA test kits can be used to identify your pet's breed and what diseases they may be prone to, but the science behind the latter may not be up to snuff. ISTOCK

COMPASSION HAS A PLAN.

She has a name.
Her health plan actually
knows it.



**SEE WHAT'S
POSSIBLE WHEN
HEALTH CARE
GETS PERSONAL.**

We take the time to understand the needs and concerns of our Medicare and Medicaid health plan members to help them make the right decisions.

villagecaremax.org

1.800.469.6292 (TTY: 711)

8 am to 8 pm, 7 days a week



VILLAGECAREMAX

VillageCareMAX Medicare Health Advantage Plan (HMO-POS SNP) is an HMO with a Medicare contract. Enrollment in VillageCareMAX depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare. VillageCareMAX is available in the Bronx, Brooklyn, Manhattan and Queens. VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-800-469-6292 (TTY: 711).

Experts raise alarm about using dog DNA tests

You may think it's fun to figure out what's in your dog's DNA, but don't use these at-home kits to make life-or-death decisions about your pup's health, experts say.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

If you're wondering what kinds of dog breeds make up the lovable mutt you recently adopted, you might opt for an at-home dog DNA test. Yup, like the ones you can do on yourself to see where your ancestors are from.

But don't use that kit to make health decisions for your pup, experts warn.

In a recent opinion piece published in the journal *Nature*, three experts detail how these at-home kits shouldn't replace in-office veterinary services.

Though vets have had access to dog DNA tests for a while, there are still unknowns, especially with the at-home kits, about what the data means. There are crucial scientific questions to understand before you can use the results to make a medical decision for an animal.

"Like, if you are looking at a mutation you think is associated with neurological disease, how many dogs with the mutation actually end up getting sick?" said Dr. Lisa Moses, a veterinarian at the MSPCA Angell Animal Medical Center and a bioethicist research scholar with the Harvard Center for Bioethics. "We still don't know the answer."

Many individuals with a certain genetic mutation never get sick, she explained, and for any given genetic disease, there are a lot of other factors besides one gene mutation that determine whether or not someone, or some animal, will fall ill.

So until it's known just how many dogs of a certain breed are likely to get a disease if they have one genetic mutation, "it's really hard to know

whether the [dog DNA test result] means anything or not."

In a statement sent to Metro, Ryan Boyko, CEO of Embark, a leading consumer dog DNA test company, said that Embark's test results are at least 99.99 percent accurate, but that dog owners should bring that information to their vet, not make medical decisions completely on their own.

"Genetic testing results can be very useful for veterinarians to help better assess symptoms in a dog or to guide clinical care in certain situations," he said. "Many of the mutations tested are highly predictive of certain health problems."

But making "inappropriate conclusions" from your dog DNA test results can be harmful, he added.

The problem, Dr. Moses said, is that the average vet may not even know what to do with the kit test results, or how to correctly interpret them, because they're not a genetics expert.

Vets also don't know exactly how these compa-

"Genetic testing results can be very useful for veterinarians to help better assess symptoms in a dog."

Ryan Boyko,
CEO of Embark

nies are doing their tests, because the companies don't have to disclose that information. Companies tend to be vague about what specific genetic variant they are even testing for, per the *Nature* piece.

So, what if you already sent in your pup's cheek swab, or were planning to order a dog DNA test kit?

"What I would say is, if you want to do it for fun, do it for fun, but don't make medical decisions based on the results," Dr. Moses said. "Good old regular check-ups are a better way to take care of your dog at this point."



GETTY IMAGES

Moonves resigns after more allegations surface

Six more women have raised sexual assault and harassment claims against CBS Corp Chief Executive Leslie Moonves in a report published on Sunday in the New Yorker magazine, while the media company has reached an exit agreement with him.

Moonves' resignation, following similar claims made by six other women against him, could be announced as early as Monday morning, according to sources familiar with the matter who asked not to be identified because the plans had not been made public.

The newly disclosed incidents, which the women said occurred between the 1980s and early 2000s, were published in the New Yorker story and included claims of forced sex, Moonves exposing himself and use of physical violence and intimidation. All six of the women were named in the article.

The New Yorker reported that these women said Moonves also retaliated after they rebuffed him, damaging their careers.

CBS has negotiated an estimated \$100 million settlement with Moonves, sources told Reuters.

"I definitely think he should resign, and I don't think he should get \$100 million to resign," said Linda Silverthorn, who accused Moonves of unwanted sexual advances in the New Yorker article.

Silverthorn told Reuters the New Yorker's account was accurate.

Reached by telephone, another one of the women, Phyllis Golden-Gottlieb, referred questions to

lawyer Gloria Allred.

Allred told Reuters she is representing two clients in the matter who are willing to cooperate with an ongoing independent investigation, "and I do think it is important that the board receive a report."

Efforts to reach the other women were un-

"The appalling accusations in this article are untrue."

Leslie Moonves

successful.

Moonves, 68, joined CBS in 1995 and became CEO in 2006. He could not immediately be reached to comment on Sunday after the latest claims.

In a statement to the magazine, Moonves acknowledged three of the encounters, but said they were consensual.

"The appalling accusations in this article are untrue," Moonves told the New Yorker. "What is true is that I had consensual relations with three of the women some 25 years ago before I came to CBS. And I have never used my position to hinder the advancement or careers of women. In my 40 years of work, I have never before heard of such disturbing accusations. I can only surmise they are surfacing now for the first time, decades later, as part of a concerted effort by others to destroy my name, my reputation, and my career."

CBS said on Sunday

it takes such allegations very seriously.

"The CBS Board of Directors is committed to a thorough and independent investigation of the allegations, and that investigation is actively underway," the media company's board said in a statement.

The company also reached a deal to settle litigation over the control of the company with National Amusements in a deal expected to be announced as early as before the markets open on Monday, the sources told Reuters. A representative of CBS controlling shareholder Shari Redstone and National Amusements declined to comment.

CBS will donate a portion of the \$100 million settlement to an unnamed charity and the company reserves the right to claw back all of the remaining payment pending the results of the investigation into allegations of sexual assault and harassment, the sources said.

In August, CBS hired two law firms to investigate allegations of sexual assault and unwanted advances following a New Yorker report that featured claims against Moonves from six women spanning different periods over two decades, from 1985 to 2006.

Following the New Yorker report in August, Moonves said he regretted "immensely" making some women uncomfortable by making advances, but added that he abided by the principle that "no means no" and stated he had never misused his position to harm or hinder anyone's career. REUTERS

YOUR LEGS DON'T HAVE TO SUFFER!



- ▣ VARICOSE VEINS
- ▣ SPIDER VEINS
- ▣ LEG ULCERS
- ▣ LEG SWELLING
- ▣ BURNING
- ▣ ITCHING
- ▣ RESTLESSNESS

Personal & discrete care
delivered directly
by Ronald Lev, MD

Certified by the American
Board of Venous and Lymphatic
Medicine

We Accept Most Health
Insurances including Medicare

Minimally invasive procedures

Trust the doctor
that cares about you!

CALL TODAY!
212.204.6501



111 John St, Ste 1450
New York, NY 10038

369 Lexington Ave, Ste 18A
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM



What do you know about PCOS, one of the most common causes of female infertility?

Polycystic ovary syndrome affects as many as five million women in the U.S., yet most don't know how treatable it actually is.



NIKKI M. MASCALI
nikki.mascali@metro.us

Affecting as many as 5 million women in the U.S., polycystic ovary syndrome is one of the most common causes of female infertility, but most women don't know how treatable PCOS actually is.

Reproductive-age women with the condition have higher levels of androgens, a male hormone females also have, that can halt or affect ovulation. Other symp-

toms include irregular menstrual cycles, excess hair growth or loss, acne, diabetes and more.

As September is PCOS Awareness Month, Metro looked to Dr. Eric J. Forman, medical and laboratory director at Columbia University Fertility Center in New York, to learn more.

"It's important to raise awareness because you have a lot of options to help women with PCOS, medical and non-medical, to improve their chances of having a healthy pregnancy," Dr. Forman said.

Treatment for polycystic ovary syndrome can vary, depending on what a woman's priorities are when it comes to pregnancy.

"If the priority is to focus on these underlying problems and not fertility yet, a birth control

pill is a first line of defense," Dr. Forman said. "It improves irregular bleeding and irregular menstrual patterns. It doesn't correct the ovulation issue, but it allows them to have a regular cycle."

Polycystic ovary syn-

5M

Polycystic ovary syndrome is one of the most common causes of female infertility, affecting as many as 5 million women in the United States.

drome can cause women to resist insulin, which can affect weight and ovulation, so diabetes medication Metformin, an insulin sensitizer,



PCOS, or polycystic ovary syndrome, affects as many as 5 million women in the U.S., yet most don't know how treatable it actually is. GETTY IMAGES

"can help women with PCOS use insulin better," Dr. Forman added.

Lifestyle modifications such as modest weight loss, diet, lowering carbohydrate intake and exercise can also help some PCOS patients ovulate more regularly.

If a woman's primary

goal is to get pregnant ASAP, there are several medications to induce ovulation, from pills like Letrozole or Clomid to injectable forms of hormones.

However, "one of the biggest risks of ovulation induction is multiple pregnancies, so

twin pregnancies result in about eight to 10 percent of pregnancies after those oral medications," Dr. Forman said. "And with injectables, it can be even higher than that if not closely monitored."

Most women with polycystic ovary syn-

ALL YOU NEED IS CLIQUE®



“The origins of PCOS have been highly debated over the years, and there are several possible causes and mechanisms.”

Dr. Eric J. Forman, med and lab director at Columbia University Fertility Center in New York

drome are able to get pregnant without in vitro fertilization (IVF), Dr. Forman said.

“The origins of PCOS have been highly debated over the years, and there are several possible causes and mechanisms,” Dr. Forman said, but there is no official cause of — or cure for — polycystic ovary syndrome.



Earlier this year, French scientists found that PCOS may be triggered in the womb, and they hope to start human trials on a possible cure later this year. Dr. Forman said the study found nothing particularly new, but was “intriguing, and an intervention to prevent PCOS would be exciting.”

However, the studies are preliminary mouse studies “and human studies are needed and a long way off.” He added there likely is more than one type — and cause — of the condition, “so this study may just lead to treatment or prevention of some, but not all,

cases of PCOS,” Dr. Forman said.

He hopes the main takeaway of PCOS Awareness Month is that women learn it is highly treatable.

With safe options to restore ovulation, “it’s very rare that PCOS is the reason why a woman cannot have children of her own if that is her wish,” he said. “However, it is important to keep in mind some of the long-term health consequences of PCOS, such as metabolic changes that increase the risk of gestational diabetes, and work to optimize health before and after pregnancies.”

Free Health Information Session

TRANSFORMING CARDIAC CARE

Learn how new medications and technologies are leading to earlier diagnosis, and improving prevention and treatment of cardiovascular disease.

Date: Monday, September 17 | 6:00pm – 7:00pm

Location: 550 First Avenue (at 31st St.), Alumni Hall B

This program is free and open to the public. For more information or to RSVP call 646-501-2190 or email cvdprevention@nyumc.org

Presented by the Center for the Prevention of Cardiovascular Disease



MEET THE WORLD'S TOP B-SCHOOLS

*Wharton, *NYU/*Columbia, London Business School, Georgetown, Emory, INSEAD, Baruch College, GWU, Boston University and 100+ more B-schools. *Represented by alumni

New York MBA Event Saturday, September 15th

📍 New York Hilton Midtown ⌚ 1:00pm - 6:00pm

*You can attend any time between 1:00pm-6:00pm

Connect MBA New York Saturday, September 15th

📍 New York Hilton Midtown ⌚ 10:00am-2:00pm

Secure your place today:

TopMBA.com/MetroNYC



Register now: TopMBA.com/MetroNYC
Free entry for Metro readers present this COUPON on arrival



Former model ditches runway for 700-mile desert run

While New York Fashion Week kicks into high gear, former model Michele Graglia is gearing up for an extreme ultramarathon.

JEFF TOMKO
jeff.tomko@metro.us

Michele Graglia walked away from the runway soon after discovering he preferred running extremely long distances.

The Italian-born model-turned-runner has gone from showing his abs for Nike and Armani to becoming one of the top ultramarathoners in the world. And as New York Fashion Week continues, the 34-year-old former model begins a world record-setting quest to run Chile's Atacama Desert, a 700-mile course in what is considered the driest region on Earth, with an average rainfall of less than an inch each year.

"Adventure kind of knocked on my door, and showed me a way to get out of the cage," says Graglia, whose passion for the sport began on runs through Central Park about seven years ago. "I felt trapped modeling, but through modeling I discovered my passion."

To finish the TransPerfect Atacama Desert Crossing Project Graglia will look to cover 50 to 60 miles a day for two weeks. It's a combo of crazy and challenging for Graglia, who just a few weeks ago won California's notorious Badwater 135, a 135-mile run from Death Valley to the top of Mount Whitney labeled "The World's Toughest Foot Race." He's also had to conquer extreme cold, in minus-40-degree Yukon in 2016.

"Moving in 130-degree weather is extremely uncomfortable, that's why this is called the most dangerous race," Graglia explains. "But the cold is probably more dangerous."

Ultramarathons — rac-



COURTESY OF MICHELE GRAGLIA

es over 26.2 miles — are also expensive, with little prize money offered compared with other sports. So sponsorship and some luck are necessary. Graglia, who works as a yoga instructor at the high-end Ashram Retreat, found both several weeks ago when he crossed paths with New York City businessman Phil Shawe, CEO of global business translation services giant TransPerfect, who was at the spa "renewing his body and spirit." The two hit it off to the point Shawe offered to

sponsor Graglia's race.

"One thing led to another and the conversation turned to me doing these races, and this crazy desert," Graglia says. "Then everything escalated to the point where Phil said, 'Let's talk and see if we could make this happen.' From there his help made this quest a reality."

Through sports and business, Shawe sees similarities between Graglia's latest quest and his creation of TransPerfect, which he developed in his NYC dorm as a student.

"Our team found him to be inspiring, knowledgeable and truly devoted to helping others," Shawe says. "All this played a role in our decision to partner with Michele and support his quest to cross the Atacama in world-record time."

"It's as exciting as it could get — finding opportunities to push my limits. And here, the challenges are limitless."

Michele Graglia

What goes into a 703-mile desert ultramarathon? Graglia will need supplies of water, food, clothes, first aid gear including plenty of sunscreen, plus a crew of about a dozen people who will record the run. Shawe's sponsorship will cost roughly \$50,000.

"TransPerfect has always prided itself on overcoming adversity, succeeding against all odds, and giving back to the communities in which we live and work. We couldn't be more proud to play a role in what promises to be a groundbreaking athletic achievement for Michele," Shawe says.

Training up to the run is comprised of "light runs" of 15 miles plus lots of rest and reflection. "To me, this is my life," Graglia says. "I needed to get away from modeling. I'm grateful for the opportunity to model but it wasn't healthy. I'm happy to be living the way I'm living. It's as exciting as it could get — finding opportunities to push my limits. And here, the challenges are limitless."

However, what would Graglia tell the next model aspiring to make it in ultramarathoning?

"Don't do it!" he says, half-laughing. Then he gets serious. "Change is always scary. But discovering your passion is worth every ounce of sweat."

EQUAL HOUSING LENDER FDIC hanmi.com/savings

PREMIUM SAVINGS

LIMITED TIME OFFER*

Up to

2.10% APY**

ENJOY THE BENEFITS OF OUR HIGH YIELD SAVINGS ACCOUNT

Manhattan 646.768.7299
Edison 732.494.4606
Annandale 703.354.8822
Visit hanmi.com/savings for details

- Grow your money faster with up to 2.10% APY**
- Make unlimited deposits
- New money only

Bank on Your Dreams
Hanmi Bank

*Promotional rate is subject to discontinue at any time. **The interest rate and Annual Percentage Yield (APY) are accurate as of 08/16/2018. The interest rate and APY may change at any time without prior notice after the account is opened. The minimum balance to open a Premium Savings Account is \$10,000.00. The APY varies with the balances; the APY on balances under \$10,000.00 is 0.15%, on balances from \$10,000.00 to \$49,999.99 is 1.85%, on balances from \$50,000.00 and higher is 2.10%. A monthly maintenance charge of \$10.00 will be imposed if the minimum daily balance falls below \$5,000.00 during each statement cycle. Transfers to other accounts or payments to third parties by electronic transfer/payment are limited to six (6) per month. \$50.00 will be charged if the account is closed within 90 days of account opening. Fees could reduce the earnings on the account.

Painful Varicose Veins and Swollen Legs?

**New Foxhurst Location
947 Southern Blvd. Bronx, NY Now Open**



Varicose veins and spider veins are not just a cosmetic issue, they could be the sign of venous insufficiency.

If you or a loved one is suffering from:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Varicose Veins | <input checked="" type="checkbox"/> Swollen Legs |
| <input checked="" type="checkbox"/> Spider Veins | <input checked="" type="checkbox"/> Skin Discoloration |
| <input checked="" type="checkbox"/> Itching and Burning | <input checked="" type="checkbox"/> Leg Ulcers |
| <input checked="" type="checkbox"/> Leg Pain | <input checked="" type="checkbox"/> Blood Clots |
| <input checked="" type="checkbox"/> Leg Cramps | <input checked="" type="checkbox"/> Difficulty Standing |



If left untreated these could lead to more serious complications. Don't delay, treatment takes 15 minutes.



Covered by Medicare and Most Insurance Plans

Don't suffer another day! Call us now!

(917) 717-5135



www.USAVeinClinics.com

Manhattan:

1153 1st Ave, Manhattan, NY 10065 **2 3 4 5 W**
 122 Fulton Street Ste 500 New York, NY 10038 **4 5 2 2 3**
 4159 Broadway, New York, NY 10033 **4 5 1 4 5 6**
 1264 St. Nicholas, Washington Heights, NY 10026
 168 St **4 5 1**

Brooklyn:

924 Flatbush Ave, Brooklyn, NY 11226 **5 2 5**
 2511 Ocean Ave Ste 102 Brooklyn, NY 11229 **5 4 5**
 2444 86th St, Ste A, Bensonhurst, NY 11214 **5**
 2965 Ocean Pkwy Ste 200 Brighton Beach, NY 11235 **5 5**

Bronx:

5221 Broadway Ave, Bronx, NY 10463 **1**
 384 E 149 St, Ste 201, Bronx, NY 10455 **2 5**
NEW 2157 White Plains Rd, Bronx, NY 10462 **2 5 5**
 947 Southern Blvd. Bronx NY 10459 **5 5 5**

Queens:

116-02 Queens Blvd Forest Hills, NY 11375 **5 5 5**
 30-33 Steinway St, Astoria, NY 11103 **5 5 5 5**
 40-04 Forley St, Jackson Heights, NY 11373 **5 5 5 5 7**
 59-20 Myrtle Ave Queens, NY 11385 **5 5 5 5**
NEW 1652-03 Jamaica, Ste 200, Queens, NY 11432 **5 5 5 5**

Staten Island:

1975 Hylan Blvd, Staten Island, NY 10306

Long Island:

260 Sunrise Hwy Ste 102
 Valley Stream, NY 11581

Suburban NY/Rockland County:

156 Route 59, Ste B1, Suffern, NY 10901

New Jersey:

766 Shrewsbury Ave, Ste 300
 Tinton Falls, NJ 07724
 81 Route 37 West Toms River NJ 08755

QUALITY DENTURES AND DENTAL IMPLANTS THE SAME DAY

\$100
off each*
NEW
denture!
Exp: 10/15/2018



Miracle on 35th Street

- Full Service Cosmetic Dentistry
- Dental Implants • Crown and Bridge
- Repairs and Relines While-U-Wait
- Senior Citizen Discounts*

Free Consultation

Emergencies Welcome



Smile with Confidence!

CALL NOW

212.689.0024

www.heraldsquaredental.com

Most Insurance Welcome and Payment Plans available

Leaders in Implant Dentistry! - Est. 1977

224 W 35th St. New York, NY

16th Fl., Btwn 7th & 8th Avenues

*not to be combined

What to know about the 2018 Sept. 11 memorial services in NYC

Several memorial services will take place in NYC this week to honor the fallen on the 17th anniversary of 9/11.



SARAH LUOMA
letters@metro.us



Sept. 11 memorial service. GETTY IMAGES

Tuesday will mark the 17th anniversary of the tragic events of Sept. 11, 2001, when hijackers crashed two planes into NYC's Twin Towers.

In honor of the fallen, several Sept. 11 memorial services will be held in and around the city to remember the 2,996 people killed and more than 6,000 others injured in the attacks. A commemoration ceremony will be held at the 9/11 Memorial and Museum at Ground Zero of the attacks. A live broadcast of the memorial service will air at 8:40 a.m. Four moments of silence will take place in observance of the two planes

and two towers that fell.

Around the city, St. Paul's Chapel will remember with prayers and reflections offered at 8 a.m. on Tuesday. Rev. Dr. William Lupfer will ring the Bell of Hope at 8:46 a.m., marking the time when the first plane crashed into the North Tower. At 3 p.m. the chapel, located at the churchyard at Broadway and Fulton Street, will host a service with the Choir of Trinity Wall Street to read the names of the first responders, rescue workers and the recovery workers who died.

The Judson Memorial Church has invited

members from all faiths to take part in their "Down to the River," a 9/11 interfaith ritual of release and remembrance. The remembrance will begin at 5 p.m. at 55 Washington Square South, followed by a walk down to the Hudson River at the Christopher Street Pier for a sunset ceremony.

Brooklyn Wall of Remembrance, located in Coney Island at MCU Park, will hold a candle-light ceremony at 7 p.m. on Monday at the wall, officiated by an FDNY chaplain. Six firefighters from France and their wives will join in the ceremony to remember those who died at the World Trade Center.

While several Sept. 11 memorial services take place around the city, the Tribute in Light will light up the sky from dusk to dawn. Memorial Plaza is open to the public after 3 p.m. for viewing the Tribute in Light.

SCHIZOPHRENIA

CLINICAL RESEARCH STUDY

CALL IF YOU OR A LOVED
ONE ARE AFFECTED BY
SCHIZOPHRENIA

718-969-3005



SYNEXUS
Together for the future of health

Synexus is conducting a clinical research study of an investigational medication for individuals who have Schizophrenia.

Qualified study participants will receive study-related care and the investigational study medication at no charge and may be compensated up to \$800 for study-related time and travel. Compensation for caretakers may also be available.

You may qualify for this study if you:

- are 18 to 55 years of age
- have been diagnosed with schizophrenia for at least a year
- have been consistently taking an approved antipsychotic medication for at least 8 weeks.

The fight against erectile dysfunction

Don't worry. It happens.
But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found. It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



A Breakthrough Solution for Men Seeking Better Erections and Optimal Sexual Performance



Shockwave Treatment

- ✓ Opens Arteries Clogged with Plaque
- ✓ Increases Penile Artery Blood Flow
- ✓ Increases Size of Penile Veins
- ✓ Improves Penile Nerve Function
- ✓ Increases Stem Cells in the Penis
- ✓ Painless Natural Holistic Treatment
- ✓ Done In Office by Expert Provider

Priapus Shot

- ✓ Increases Penile Size by up to 3.5cm
- ✓ Proven in Many Peer Review Journals
- ✓ Uses Your Own Regenerative Cells

Testosterone Replacement

- ✓ Improves Sexual Desire and Helps ED
- ✓ Monitored by a Urologist so not Risky
- ✓ Do Not Settle for just Any Doctor!

Painless Sound Waves

- ✓ Easy 20 Minute Office Treatment
- ✓ Increases Penile Performance and Size
- ✓ 100% Natural without Chemicals
- ✓ Proven by Over 70 Scientific Studies

Eliminates the Need for Viagra, Injections & Penile Pumps

Throw out all your snake oil and come to see an expert in sex function! Our staff of expert providers will find out what is wrong and treat you based on the testing and your circumstances. Call us for a private appointment for evaluation and treatment.

**800 Second Avenue, Corner of 42nd Street,
New York City**

(212) 661-0060



Dr. David Shusterman

Board Certified Urologist
Renowned Top Doctor
Expert in Sexual Function
Expert in Increasing Size
Founder and Developer
20 years treating ED

SexUrologist.com

FASHION
WEEK

The "pink-ification" of girl culture started in the 1930s, when department stores realized they could sell more clothes if they were marketed differently to boys and girls. EXHIBITION PHOTOS BY EVA KIS

Pink is not just *pretty*



In the 1700s, pink was equally popular for men and women.

How pink got its gender, and why it's no longer the color of girls, but equality.



EVA KIS
eva.kis@metro.us

Pink wasn't considered "the girl color" until the 1940s. That probably comes as a surprise to anyone who's walked into the girls' section of a clothing store lately, but it didn't use to be that way.

"Society determines what color means, and society changes its mind," explains Valerie Steele, the director of the Museum at the Fashion Institute of Technology and curator of a new exhibit (and book), "Pink: The History of a Punk, Pretty, Powerful Color."

The wide-ranging exhibit looks at how various cultures use pink, the obstacles that designers who chose to work with pink faced, and the role of musicians, from punk rockers to hip-hop artists, in changing its feminine reputation. But how did it all begin?

How pink became 'the girl color'

Pink wasn't a popular color until the 1700s because it faded so fast. The

discovery of brazillium by New World explorers allowed clothiers to create more vibrant and longer-lasting dyes, and the French court went mad for pink.

Back then, noble men and women were "equally decorative," as Steele puts it, dressed in all manner of ruffles and lace and floral designs, with plenty of pink (and blue, for that matter) in both men's and women's clothing.

Somewhere along the way, that changed. Steele spent two years putting together the exhibition and reading everything she could find in two languages about pink, but couldn't pin down where the idea that pink is for girls and blue is for boys came from, only that it originated in France.

Pink wasn't a feminine color everywhere

This change in French custom didn't translate across the Atlantic Ocean. In the U.S., department stores were evenly split between which sold pink clothes for boys or girls. In 1918, a store called Infants Department recommended dressing boys in pink, the "more decided and stronger color," while girls should wear blue, which is "more delicate and dainty."

One contested explanation is a set of two circa-late-1700s paintings that toured the country as a pair: The Blue Boy, a child in a blue doublet and breeches, and Pinkie, a young woman in a blush-pink dress.

However it happened, department stores knew that what was important was assigning a color to each gender because they boosted sales.

But pink wasn't universally accepted as a feminine hue. In India, men wear pink like men in the West wear navy blue. In Spain, fuchsia is a traditional color for mators' capes. The Catholic clergy in Rome wear pink vestments.

The 1950s codify pink as female

When men came home from World War II, there was intense pressure on wives to return to their homes. "You had to get everybody thinking the right way," says Steele. "Women were encouraged to get in touch with their feminine side."

That worked for a couple of decades, but then the counterculture movement reappropriated pink. Punk-rockers adopted it in the '70s. In the '80s, as women made their way into board-

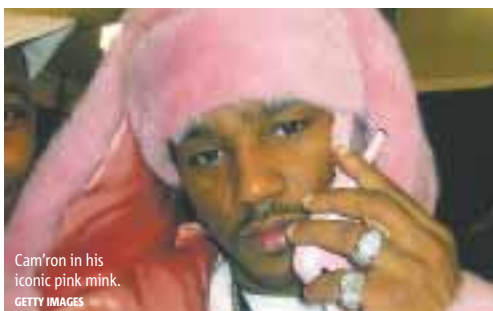
rooms, the pink power suit was a way to show they weren't just "imitation men."

Pink re-entered the world of men's fashion in the 21st century, most memorably when Harlem rapper Cam'ron hit New York Fashion Week 2002 in his iconic pink mink. "It caused a huge uproar," says Steele. "All of a sudden, lots of guys were wearing pink. You're seeing pink redefined as a cool, androgynous color as opposed to a sweet, feminine color."

These days, pink is the color of revolution. In India, the Gulabi Gang shames abusive husbands and corrupt politicians while wearing hot pink saris. And of course there is 2017's most iconic clothing item, the "pussyhat," worn by legions of women protesting Trump administration policies.

"Pink is assuming a feminist role; it's acquiring new meaning," says Steele. "These women are saying, 'You don't think pink is serious because it's associated with girls and women, but we'll make it serious.'"

"Pink: The History of a Punk, Pretty, Powerful Color" is on display through Jan. 5, 2019 at the Museum at FIT, 227 W. 27th St. Admission is free.



Cam'ron in his iconic pink mink. GETTY IMAGES



The "Pussyhat" made pink the color of feminism.

6 Faces that have changed the world of fashion

Metro highlights the people who show that fashion is politics. How can a system created in the capitalist context and that privileges its makers show other images? Perhaps through a long struggle that has arisen since the advent of the digital era. Many people have taken to social media to change the vision of traditional brands. Metro presents the most relevant change makers in fashion.

LUZ LANCHEROS MWM



Tess Holliday

Unlike most plus size models that somehow please the heteronormative outline as well as the fashion standard, Holliday has been quite controversial due to her weight, body form (in fact, she has been part of scandals: An Uber driver attacked her, and she's gotten backlash from people saying that she promotes obesity) and also for being one of the first to promote body positivity on social networks. She started in 2013 with the viral hashtag #effyourbeautystandards. Milk Model signed a contract with her three years ago, and since then, Holliday has been part of campaigns for various brands like Benefit, Monif Clarke and H&M. Tess has extensively discussed the "plus size" term and the stigma attached to it.



Christian Siriano

Siriano is one of the few renowned designers who has broken barriers by dressing all kinds of celebrities and (noncelebrities) who do not fit the industry's standards. He is famous for making creations for Leslie Jones, who was bullied for her role in "Ghostbusters" and has dressed people of all sizes, ages and conditions. In a recent panel talk at 92nd Street, he said that expanding his size tripled his sales. "Why wouldn't everyone do that? Do people not want to triple their business? Do we not want those women to wear our clothes? Do we not want them to have these beautiful things because we are afraid that they are not beautiful enough? What's wrong?" he asked.



Ashley Graham

While she does conform to the heteronormative strictures of the industry, she's also had to fight her own battle against bullying because of her body shape, which she shares with women worldwide. She has her own doll, has walked for Dolce & Gabbana and Michael Kors and lives a healthy lifestyle. In spite of that – just like models of smaller sizes – she has denounced what she had to deal with when rejected because of her size. In her book "A New Model," she talks about what gives her confidence and encourages women to embrace their own beauty.



Rihanna

Everything she wears becomes an instant trend. Her Fenty Beauty line, which comes in many skin tones, is a reference in the world of makeup when it comes to showcasing diversity. In fact, the brand made \$100 million in just 40 days. Fenty Beauty is Kylie Jenner's strongest competitor.



James Charles

The young Englishman has opened the doors in the fashion world through the medium of makeup. Being the first Covergirl "beauty boy," Charles has helped break through another barrier with his work for the brand.



Halima Aden

This Kenya native always goes down the runway with her hijab. Aden, a migrant and a former refugee, is the first model with a veil to sign with IMG models. She wore it at the 2017 Miss USA pageant as well as her burkini, stating that she wants to send a message about beauty and diversity on behalf of young Muslim women.

ALL PHOTOS GETTY, INSTAGRAM



Pat King
Grumble Editor

READER WRITE-INS:

MIND YOUR BUSINESS AND THE WORLD AROUND YOU!

People seem to think they know everything. Even at the workplace. Customers seem to think they know your job better than you know your job. Working in any place dealing with customers is a headache. So, if you know my job better than me, then why are you not doing it??? Stop telling me how to do my job.. A reminder: I get paid for what I do. Also, Jeff, G., some people actually do important business on their phones. And if the train was saying the right stops, I wouldn't have missed my stop... *Cynthia Jennings, Metro Philly reader*

LETTING SLEEPING DOGS LIE: THE ARGUMENT AGAINST DOGS

the GRUMBLE



IN BARS

I think we can agree that bars are a place where humans can drink alcohol (in a responsible manner), right? If this is the

case, why is it hard to leave your mutt at home while you and your friends get hammered? As a tippler with a dog allergy, I totally understand that dogs

and people around them—especially inebriated ones, do not mix well, despite whatever cuteness you imply. Dogs come in all shapes and sizes: navigating around Dobermans and mastiffs isn't fun. You *jejunely* assume that all dogs are house trained or are comfortable with people, but a barking dog inside a crowded tavern is no beneficial matter. Plus that guy slurring "Dreams" by Fleetwood Mac can always be booted out if the jukebox isn't unplugged. My point is: The idea to wantonly bring your animal friends and expect them to behave like humans is a naïve at best and ignorant at worst.

Tell us what you think!



@metro newyork

Furthermore, the "war on dogs" began when people started totting their pups around eating and drinking establishments, not the other way around. Let sleeping dogs lie at home.

Andrew L., Metro US reader

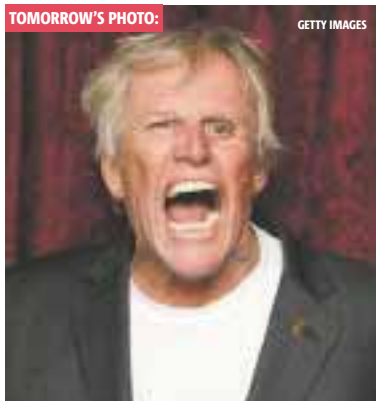
VENT TO US!
GRUMBLE@METRO.US

#metronewyork caption this photo

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to @metronewyork @metroboston @metrophilly



The winning caption from Jeff Dow, Metro Boston reader



metro
&
event

INVITE THE WORLD TO YOUR EVENTS
List your event on metro.us/events

metro.us/horoscopes



Aries Embrace your emotions and consider what and who you are up against. Play to win and boost your energy levels to ensure that you reach your goal on time.



Libra Listen carefully and make amendments to whatever doesn't sit well with you. Honesty and openness will help you avoid stress caused by always trying to please everyone around you.



Taurus Change can be good if you have a well-thought-out plan in place. Think big, but maintain balance and meet your budget. Tackle things in stages.



Scorpio Personal changes will energize you. Whether it's an alteration at home or to your appearance, the outcome will give you the boost you need. Romance is highlighted.



Gemini Taking short trips and attending events will lead to knowledge and new opportunities. Do your own fact-checking and create your own vision.



Sagittarius Keep an open mind, but don't let anyone railroad you into doing something you shouldn't. If you desire change, take a close look at yourself and strive for self-improvement.



Cancer You can start projects that will encourage change at home and work. How you handle others will make a difference to the outcome. Encouragement will bring you closer to your goal.



Capricorn Go over important papers and make adjustments that will lead to new opportunities. Organization and preparation will be important.



Leo Accept the inevitable, but don't initiate change. Joint ventures aren't in your best interest, and making changes at home would be too expensive.



Aquarius Patience, passion and hard work will pay off. Don't make minor setbacks a big deal, and say no to anyone trying to push you to overspend.



Virgo Make the choice to do all you can. Bringing about change is never easy, but the satisfaction you gain by doing something good will be yours to keep forever.



Pisces You'll have plenty of ideas, but what will truly make the difference will be the people you choose to work alongside. Collaborate with those who bring out the best in you. *EUGENIA LAST*

 **SadickResearchGroup**



Frustrated with Redness?
Take control of your Rosacea.

Consider participating in an investigational research study for those:

- Who have moderate to severe rosacea
- Be at least 18 years old

CALL 212-772-7242 OR EMAIL SRG@SADICKDERMATOLOGY.COM

Qualified participants receive study related exams, and study medication at no charge.

Desperate Measures speaks truth to power off Broadway

This play might hit close to home.



PAT KING
patrick.king@metro.us

We all know that saying “art imitates life.”

But the testament to truly great art is if that work can be translated throughout history time and time again. The musical “Desperate Measures” has been able to do that with its critiques of powerful men abusing their power without any disregard for the people they hurt for their own gain.

Sound familiar? The story, with book and lyrics by Peter Kellogg and music by David Friedman, is an update of Shakespeare’s “Measure For Measure” as a Western and just came off a

sold-out run at the York Theatre.

“Desperate Measures” — now showing off-broadway at New World Stages — follows outlaw Johnny Blood and an authoritarian governor who is hellbent on sending Blood to hang unless he can sleep with Johnny’s nun sister, Mary Jo. A plan is hatched to have her go through with it but to have her switch places with a lady of the night to fool the governor and free Johnny.

We caught up with star Lauren Molina, who plays Bella — the “hooker with a heart of gold” — who must sleep with the evil governor to save the life of her love, Johnny blood.

The play does a great trick that is similar to something the Coen Brothers did with “Raising Arizona,” where they

told a complicated story about morality through the eyes of ... not the brightest characters. Absolutely! I think that’s a great comparison. I think anytime you take the themes and the plot and structure of a Shakespeare piece and update it, you’ve got a lot of potential. You can look at how “The Lion King” is “Hamlet” or “West Side Story” is “Romeo and Juliet.” With “Desperate Measures,” they just kind of streamlined the story, clarified plot points that were sort of confusing and complex, and used the tropes of the Western with all of the different characters. You’ve got the good guy, the bad guy, the good girl, the bad girl, the sheriff, the evil corrupt governor, and they’re telling the story in ways that are really digestible and, frankly, really fun and clever.



Lauren Molina (left) as Bella with her co-star Gary Marachek in “Desperate Measures.” CAROL ROSEGG

The story is really translatable.

I think they’ve done an incredible job with something that has very serious topics and very uncomfortable topics that they can be addressed in a way that we can think about them and feel angry and mad and sad and just understand the plight of these people but also find the humor in the absurdity and hypocrisy in it all.

And it really relates to what is going on today

in terms of powerful men abusing their power.

It’s truly timeless. It reminds me of Voltaire and “Candide” in some ways with hypocrisy in religion and how power corrupts. Especially how men feel they can get away with anything, especially if they’re in a powerful position.

Obviously, we have Trumpian themes and the governor kind of reflects that in his role. I feel like I’m kind of like the Stormy Daniels

who saves the day! Even though she might be thought of in the world as a prostitute or has a job that people are not proud of, she actually is the one who is working hard and saving money. She’s a forward-thinker. She’s a free spirit. She’s the one who follows her heart, even if it breaks the law to get the job done and save Johnny Blood.

For performances and ticket info, visit desperatemeasuresmusical.com

NEW

Miss Jessie's
ORIGINAL

INTRODUCING

HONEY CURLS

The Sweetest Treat for Your Curls

★★★★★

THE SWEETEST TREAT FOR YOUR CURLS

Inspired by our grandmother's attention to detail, we blended **Miss Jessie's Honey Curls™** to a perfect consistency to be spreadably smooth for maximum coverage without any greasy build up.

AVAILABLE NOW AT
MISSJESSIES.COM

CVS
pharmacy

The Mile-Long Opera

a biography of 7 o'clock

On the High Line
October 3 — 7, 2018

Co-Creator:
Diller Scofidio + Renfro

Co-Creator, Composer:
David Lang

Librrettist:
Anne Carson

Essayist:
Claudia Rankine

Photo by Uli Ligon

Immerse yourself in an ambitious, collective choral work featuring 1,000 singers from New York City's five boroughs—staged on the High Line for five nights only!

Get more info at milelongopera.com

Advance tickets required.
[@milelongopera](https://twitter.com/milelongopera) #milelongopera

Instagram Facebook Twitter

The former "Stranger Things" actress opens up about her latest Netflix project.
AARON EPSTEIN / NETFLIX



Shannon Purser wants 'Sierra Burgess Is a Loser' to empower kids

Netflix's latest rom-com continues the streaming website's streak with the genre.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Netflix has almost single-handedly rejuvenated the romantic-comedy genre this summer.

Sure, "Crazy Rich Asians" is still dominating the movie box office for a major Hollywood studio, but "Alex Strangelove," "Set It Up," "Ibiza," "The Incredible Jessica James" and, most recently, "To All the Boys I've Loved Before" set the foundations for the \$139.5 million it has so far grossed for Warner Bros. Netflix shows no signs of stopping its romantic output: Hot on the heels of the aforementioned films comes "Sierra Burgess Is a Loser," a reworking of "Cyrano De Bergerac" that revolves around the biggest loser in school (Shannon Purser) joining forces with the most popular (Kristine Froseth) so that they can win over their crushes.

In a recent talk with Purser, she insisted that Sierra Burgess as both a film and a character will give the genre another shot in the arm.

"I haven't seen a lot of teen romantic movies in the past decade or so. If I do they all follow very similar tropes to what I have seen before and I was just really impressed with Sierra as a character," Purser says. "She was unique, well-rounded, complex, she didn't fit into the typical nerd box. I just knew that it would be another challenge for me, which I loved."

She adds, "Because Sierra doesn't do everything right, and I think human beings aren't likable all the time. I

really like that we get to see her stumble and fall and make really bad mistakes, and go through them and find that redemption and find herself in a really unique way."

Despite not having a "traditional high school experience," as she was home schooled, Purser said she used her own struggles growing up to enhance her character.

"I didn't really have the traditional high school experience. I was home schooled. I have experienced a lot of regular school moments, but on a film set," says Purser. "I still related to Sierra, and that time in your life when you are trying to find your place in the world and discover who you are and where you belong and wanting to fit in. I pulled a lot from my own personal experiences for the film."

But while Purser insists that Sierra Burgess is a love-child of '80s films, especially those from John Hughes, that uses its "outrageous plot line and story" to feel "authentic and relatable and truthful," she also believes that it has a strong and empowering message at its core for modern teenagers that live their lives through their computers and phones.

"I think that catfishing is this very dramatic and flashy plot device, but it is just symbolic for the way we interact with each other, and that temptation to hide and change ourselves in order to fit in or get someone's approval," she says. "I really hope that people that watch it feel more empowered to be honest and authentic and learn to embrace themselves for who they are."

"Sierra Burgess Is a Loser" is streaming now on Netflix.

Heavy Periods due to Uterine Fibroids?

If You Suffer From Any of These FIBROID Symptoms...

- Bleeding Between Periods
- Reproductive Dysfunction
- Protruding Belly
- Frequent Urination
- Heavy Bleeding
- Pelvic Pain
- Bloating
- Constipation

...Then Consider Uterine Fibroid Embolization (UFE)

- Minimally invasive & non-surgical
- Short recovery and **no hospitalization**
- Covered by Medicaid & most insurance plans

Don't Hesitate, Call Today!
718-504-6414



QUEENS

116-02 Queens Blvd E F M H
Forest Hills, NY 11375

30-33 Steinway J O M H
Astoria, NY 11103

162-03 Jamaica Ste 200
Queens, NY 11432 E O F

LONG ISLAND

260 Sunrise Hwy #102
Valley Stream, NY 11581

MANHATTAN

122 Fulton St A C O E 2 3
Manhattan, NY 10038

1264 St. Nicholas Ave A C 1
Washington Hts, NY 10026

BROOKLYN

2444 86th St. Ste A D
Brooklyn, NY 11214

924 Flatbush Ave. O E 2 5
Brooklyn, NY 11226

2965 Ocean Pkwy #200 O B
Brighton Beach, NY 11235

BRONX

5221 Broadway 1
Bronx, NY 10463

384 E 149th St. # 201
Bronx, NY 10455 2 5

2157 White Plains Rd
Bronx, NY 10462 O 2 5

FOXHURST

947 Southern Blvd., Bronx,
NY 10459 (Now Open)

FORDHAM

11 E. Fordham Rd., Bronx,
NY 10468 (Coming Soon)

USA
FIBROID
CENTERS

www.USAFibroidCenters.com

EDUCATION



Managing the stress of back to school

A study finds what stresses parents out the most this time of year.



PAT KING
patrick.king@metro.us

With Labor Day behind us, summer is unofficially over. That means parents are sending their children back to school or putting them on the school bus for the very first time. This can be a stressful time for children and parents. With the stress of daily life on top of the anxiety of a new experience for kids, how can you make sure you are taking care of yourself as well?

A study by Care.com of 1,000 parents found that the most stressful thing for parents at back to school time is simply getting their children out of bed in the morning.

Seventy-six percent of all mothers and 67% of all fathers said that this was the biggest anxiety, followed closely by stresses involved with after school activities which 60% of all parents

say they have.

The study also found that parents who said that they were forced to leave work to pick up their children 6.3 times on average and attended school events another 9.1 times a year.

Adding that all up equals over two weeks of interrupted work days each year. Considering

76%

of all mothers say the most stressful thing is getting their children out of bed

many personal time off (PTO) policies at most offices, that could add up to a lot of time that parents could request for things like summer vacations or, in some cases, sick time away from work.

The study also found out that the average parent spends around \$220 per child going into elementary school in the fall.

This could be tough for parents working hourly wages who might

have to take time off from work to pick up their children from school or attend school functions.

In fact, managing the stresses around back to school time is something employers should take note of and understand.

Most parents must devote time at this time like they would to like part-time job.

"I try to talk to my children as much as possible so that I stay engaged," one 31-year-old mother of four told Care.com on how she prepares herself for this time of year.

"Also, I visit their school lunches to reduce their anxiety. Waking up early and preparing everything the night before helps with morning stress."

The truth is, the more you find time to prepare for the morning madness before sending your children off to school and heading to work, the better off you will be.

To be honest, it will never be easy juggling it all. Just take a deep breath and remember that you can get through this.



NEW MUSLIMS PROGRAM

The 8 week New Muslims Program is an introduction to Islam for new Muslims that focuses on the essentials of belief and practice, as well as spirituality and character. We provide emotional support while offering practical advice and guidance during this transition. Those who are not Muslim, but interested in learning about Islam are welcome!

Time: Saturdays, 11AM-1:45PM, starting Sept. 22
Location: 12 East 32nd St., Floor 2, NY, NY 10016
Cost: \$50 (financial aid is available)

Register Online at <http://www.meccacenter.com/new-muslims>



www.meccacenter.com info@meccacenter.com [f](#) [t](#) [in](#)

reach over 2.3 million people every week.

to advertise, contact (212) 457-7735 or advertising@metro.us

source: nielsen scarborough 2014-15 r2. adults 18+

metro media

media.metro.us

Adolescent Well-Being Study

Are you a teenager or parent of a teen? Researchers are seeking adolescents and young adults (ages 15-19 years) to participate in a study! Eligible participants will be compensated at the end of the visit.

Contact Us

Call us at (212) 678-7487

Email us at LCDS@tc.columbia.edu



Participation Involves:

One laboratory visit involving computer tasks, interviews, and online surveys. There is a chance to complete follow-up surveys online for additional compensation.

Parent Consent is required for those under 18 years. Parents also have the option to participate by responding to brief questionnaires and are eligible to receive compensation.

TEACHERS COLLEGE
COLUMBIA UNIVERSITY

(IRB ID# 18-103)

SPORTS

metro
BET

MAKE MONEY

LATEST ODDS
[NFL]NEW YORK JETS AT
DETROIT (-6.5)LA RAMS (-4) AT
OAKLANDBET OF
THE DAY

The line here started out as Rams -2.5 but has moved to Rams -4. The hype is real with LA.

The Pick:
LA RAMS (-4)

**MORE ODDS
AT METROBET.US**

Giants still a work in progress

Jaguars hold Giants to 15 points.

KRISTIAN DYER
sports@metro.us

The more things change, the more they remain the same. The Giants (0-1) lost again, a 20-15 defeat to the Jaguars (1-0), continuing the trend of losing ways that was established by this team last year. The result underscores that despite the roster turnover and a new head coach, this team is still very much a work in progress. And truthfully, based off their season opener, they don't look like a playoff contender.

Here are three things we learned from the Giants in Week 1:

1. Saquon needs help
The highly-touted Barkley debuted on Sunday, the first-round pick and No. 2 overall selection in April's NFL Draft coming into the game with ridiculously high expectations. Not even the second coming of Barry Sanders could live up to this hype. And by and large, Barkley didn't. He struggled to find holes to run as his line offered him little help.



Jaguars defenders close in on Odell Beckham Jr. Sunday at MetLife. GETTY IMAGES

The Penn State running back managed just 37 rushing yards on his first 16 carries.

But on touch No. 17, Barkley got free down the right side and with good blocking was able to break three tackles for a 68-yard touchdown rumble.

There were flashes in the passing game too, such as an 18-yard catch

out of the backfield on his first career reception, a play where the Giants got him in space and had good downfield blocking. But those moments were few and far between.

2. Revamped line

One of the big talking points this offseason was the narrative that the Giants offensive line had been vastly improved.

Turns out, it really isn't much better, at least not on a macro level. One of the worst lines in the league the past three years, the signing of left tackle Nate Solder and the drafting of guard Will Hernandez was supposed to instantly upgrade this unit.

The line didn't open many holes for the running game and the pass

protection wasn't much better.

This inability to do its basic function was typified in the fourth quarter with 11:26 left in the game, where the Jaguars edge rush forced Eli Manning to step up into the pocket, leading to his pass being tipped and intercepted for a Pick-6 by Myles Jack. The 20-9 lead put the game away for the visitors, even as the Giants scored on their next possession.

3. The Beckham-Ramsey showdown

There were no fireworks, no fisticuffs between Jaguars safety Jalen Ramsey and Giants wide receiver Odell Beckham Jr.

And while Beckham finished with 11 catches for 111 yards, Ramsey did a good job of limiting Beckham from big plays, keeping the Giants wide receiver in front of him for chunk-change catches. But Beckham consistently got himself open in the fourth quarter, showing that last year's ankle injury seems to be a thing of the past.

And while he didn't break a big play down the field, the Giants did a decent job of getting the ball into his hands, finding him on slants and underneath routes.

SPA & MASSAGE

To advertise with Metro, email
peter.blankenstein@metro.us



BODY WORK

Latino
Russian Asian

50th St. W • 212-956-7976

11am to 8am (21hrs)

28th St. E. Lexington Ave

646-682-7032

11am to 8am (21hrs)

9th St. E

646-918-6116

11am to 8am (21hrs)

15th St. W

212-727-7458

11am to 9:30pm

48th St. W • 212-247-8899

11am to 8am (21hrs)

89th St. E • 212-369-4345

24 hours



Young Jets are ready to fly

In the depths of the green side of MetLife Stadium, there's a youthful revolution in effect. The 2018 Jets have officially gone to the kids as the two faces of the franchise, one on each side of the ball, are 22 years old or younger.

Rookie quarterback Sam Darnold, the younger of the two, is set to become the youngest starting quarterback in a season opener since the NFL-AFL merger in 1970, at just 21.

The No. 3 pick of the 2018 NFL Draft out of USC has exceeded early expectations, facing the possibility of redshirting during his rookie season to beating Josh McCown and Teddy Bridgewater (subsequently traded to the Saints) for the starting job.



Sam Darnold will make his NFL debut tonight in Detroit. GETTY IMAGES

Darnold has shown an incredible amount of a poise for a player attempting to make the jump to a starting role in the NFL at his age. He's even had opposing players like Washington Redskins quarterback Josh Norman,

who isn't known for his kindness, in awe of his ability in the pocket.

At 22 years old, Jamal Adams has shown the promise of not only becoming a Pro Bowl-caliber defensive back but becoming an outright leader in

the locker room.

He'll be teaming up alongside fellow second-year safety Marcus Maye, 25, to create a young core that is supported by new cornerback Trumaine Johnson, 28.

All of a sudden, it might not be so easy to pass against a Jets team that was mediocre at best last season.

It's imperative they lock down opposing receivers as there might be growing pains within the heart of the defense. Darron Lee, 23, is teaming up with his third inside linebacker in as many years as he and Avery Williamson, 26, will split play-calling duties for the defense.

It all begins tonight in Detroit (7 p.m., ESPN).

JOE PANTORNO

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us



HSM# 14-00299
Approved for Use:
7/16/2018- 4/28/2019



Research Opportunity for Healthy Volunteers

Who is able to participate?

Males and females ages 40-80
Healthy participants (no significant disease;
not taking any significant medications)

Participation in the study involves:

Taking cognitive tests
Taking an fMRI (functional magnetic resonance imaging)
Undergoing general anesthesia

Study Purpose:

To find out how quickly higher cognitive functions
(for example memory and working with numbers)
return after general anesthesia with sevoflurane

Length of participation:

5 visits in a 30 day period and
phone call follow-ups for up to 1 year

Compensation and Transportation will be provided.

Contact Information:

Call the Anesthesia Research Team at
212-241-0840 with inquiries
Study Principal Investigator: Joshua Mincer, MD, PhD
Location: Hess Center for Science and Medicine,
1470 Madison Avenue, New York, NY 10029

GCO #13-0359 MSSM;
IRB approved through 4/28/2018

Healthy heroin abusers (men and women, ages 21-59) are needed for an 8-week inpatient study investigating medication effects at the NY State Psychiatric Institute. Earn approximately \$6550-7350. Call the Substance Use Research Center at (646) 774-6243.



NO PRESSURE, NO JUDGMENT

HIV RESEARCH STUDY

We understand HIV can be a roller coaster and it is difficult to stay on HIV medications and go to medical appointments. The Heart to Heart 2 Program addresses these issues **without judgment or pressure**. We get it.

We are looking for people who are **struggling with HIV medications and HIV care** for a research project conducted by the NYU Meyers College of Nursing.

You must be between the ages of 18 – 65 years old, living with HIV, living in the NYC metropolitan area, and African American/Black or Latino/Hispanic to participate.

Contact us at 212-992-6670 for more information and to see if you qualify for the study.
Compensation is provided and your participation is confidential.

Approved by the NYU School of Medicine
IRB #s15-01480 PI: Marya Gwadz, PhD



COLUMBIA UNIVERSITY
MEDICAL CENTER



New York State
Psychiatric Institute



Are you feeling down or depressed? Are you less active or more slowed down?



If you are **age 60 or older** you could be eligible for a research study at Columbia University Medical Center that provides:

- A free comprehensive medical evaluation
- Up to 12 months of free expert treatment
- A more active and fulfilling life
- Compensation of up to \$300

Call the Healthy Aging and Late Life Brain Disorders Clinic at
646-774-8675 now to see if you are eligible
Para servicio en español, llame al **646-774-8648**

CAREER TRAINING



JOBS

We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

US Vets
Call
Now

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

HHA/CNA Training NYSED

Slow learner? Long time out of school? Job Placement Assistance \$14.09/per hr
All benefits included
Call #718.349.8003

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
FEDERAL NATIONAL
MORTGAGE ASSOCIATION
("FANNIE MAE") A
CORPORATION ORGANIZED
AND EXISTING UNDER THE
LAWS OF THE UNITED
STATES OF AMERICA,
Plaintiff, vs. DONALD
LI-A-PING; PATRICIA
LI-A-PING, ET AL.,
Defendant(s).
Pursuant to a Judgment of
Foreclosure and Sale duly
filed on July 20, 2018, I, the
undersigned Referee will
sell at public auction at the
Queens County Supreme
Court, Courtroom 25, 88-11
Sutphin Boulevard, Jamaica,
NY on September 21, 2018
at 10:00 a.m., premises
known as 119-27 145th Street,
Jamaica, NY. All that certain
plot, piece or parcel of land,
with the buildings and
improvements thereon
erected, situate, lying and
being in the Borough of
Queens, County of Queens,
City and State of New York,
Block 12025 and Lot 99.
Approximate amount of
judgment is \$325,888.69 plus
interest and costs. Premises
will be sold subject to
provisions of filed Judgment
Index # 705854/2016.
Gary M. Darche, Esq., Referee
Knuckles, Komosinski &
Manfro, LLP,
565 Taxter Road, Ste. 590,
Elmsford, NY 10523,
Attorneys for Plaintiff
Cash will not be accepted.

NOTICE IS HEREBY GIVEN
that a license, Number TBA,
for Beer & Wine has been applied
for by the undersigned to sell
Beer, Wine & Cider at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 465
West Broadway, New York,
NY 10012. New York County,
for on premises consumption.
Shigemitsu New York, Inc.

NOTICE IS HEREBY GIVEN
that a license, Serial Number
1311485, for Restaurant Wine
has been applied for by the
undersigned to sell Wine, Beer &
Cider at retail under the Alcoholic
Beverage Control Law at 300 East
12th Street, New York, NY 10003.
New York County, for on premises
consumption. DH Newland Corp.

metro CLASSIFIEDS

To place an ad call
866-900-9473
or visit us at
www.metro.us

CAREER TRAINING



30hr OSHA Construction Course \$300

Location: OSHA Mission LLC 92-20 Union Hall
Jamaica NY 11433 st. 2fl. | Telephone: 929-372-7990
Email: oshamission@gmail.com
Web: oshamissionny.com

CERTIFICATION SCHOOL

OSHA, FLAGGER, CPR
SECURITY GUARD
LIFT TRUCK, FIREGUARD
29-28 41 Ave RM 51, NY 11101

(718) 790-2664
www.tribunest.com

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
\$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

JOBS

Healthcare



JASA Care is seeking
certified Home Health
Aides!

We offer:
Health Insurance
Paid Vacation
Differential pay for
holidays and weekends

Union 1707 Local 389

JASA

Cases available
throughout NYC:
Brooklyn, Queens,
Bronx, Manhattan
Flexible schedules!
4,6,8,12,24 hour cases

Call us today to apply!
646-343-9300
Ask to speak with
Human Resources

JASA Care
247 West 37th Street, 4th Floor
New York, NY 10018

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!

Without HHA? You can still
help elderly friends & family
members for great pay!

646-799-6062

646-660-0530 | 646-832-7647

or visit us at: 110 West 34th St.
Suite 1207 Manhattan, M-F, 10-5



Security Officers - Needed from
\$13.00 to \$16.00/Hr. FT/ PT
FLSD - F85/F89 - needed from
\$18.50 to \$24.00/ Hr. FT/PT

Must have NYS Guard License • All shifts available - Must be flexible
Permanent and vacation positions available

Apply: www.qbs.co or call: 646-520-4822

LOOKING FOR EXPERIENCED DRIVER

Previous work
experience as driver of
Diplomatic Mission a plus

Fax Resume:
212 697 3829

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

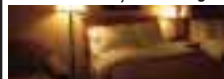


Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$150/wk.
Call Us Now: (212) 368-2685

REAL ESTATE

Rooms for Rent

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125wk/up room rentals
Studios \$900/up
212-210-0921

Manhattan & Bronx Rooms



Private rooms in apt. Fully equipped.
Start 150 wifi/cable included.
Move same day! • (212) 862-0030

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

PSYCHICS

SPIRITUAL HEALER ANNA

CERTIFIED GOD GIFTED SPIRITUAL HEALER

She has over 40 yrs exp. She will know how to solve
your problems reveal names of enemies, reunite lovers,
stops divorce, cure sickness,
help childless couples, help family problems
bring success to business, jobs, exams, etc.

If Anna cannot help you no one can!
She is one of the only certified Spiritual healers.
Readings by phone.



HUSBAND & WIFE

Someone had wished I wouldn't
marry the man I love... Thanks to
Anna we are now happily married!

FAMILY

We have been married for six years
and had no children. Thanks to Anna
we now have two healthy kids.



MARRIED COUPLE

Our business was failing, we had
no hope until my husband called
Anna for help. A few days later we
started to see amazing results!



347-368-2424



MR. BAMBA

FROM BIRTH A GIFTED
*SPIRITUAL HEALER
AND ADVISOR

No matter how difficult your problem is there is a solution
to it. Problem concerning black magic, love, voodoo, sexual
impotency, business transactions, exams & court cases.
I can help you reunite with your loved ones, split unwanted
relationships. For all your problems Mr. Bamba is the
answer, no disappointment.

QUICK RESULT GUARANTEED!

**PLEASE DON'T REMAIN IN SILENCE WITH YOUR
PROBLEM SEEK HELP FROM MR. BAMBA**

TEL: (718) 877-9428

LOVE PSYCHIC, ASTROLOGER & SPIRITUAL HEALER

Pandit: SANJIV RAM

• Family	• Depression
• Health	• Enemy
• Love	• Jealousy
• Job	• Court
• Work	• Sexual
• Business	• Divorce etc

If you are Disappointed meeting other Astrologers & not
getting Solutions, then meet **PANDIT: SANJEEV RAM**
& get permanent Solutions for your Problems

100% GUARANTEE, PRIVATE & CONFIDENTIAL
PALM READING, FACE READING, HOROSCOPE

Removes Black magic, Butu, Jinn, Jadoo,
Voodoo, Witchcraft, Obeya, Evil Spirits,
& GIVES 100% LIFELONG PROTECTION

929-250-8473
654, 8th AVE, BETWEEN 37 & 38 STREET, MANHATTAN 10018

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

**DEADLINE: 2 BUSINESS DAYS PRIOR TO
PUBLICATION AT 4 PM.**

PSYCHICS



Mr. SAIDOU

International Spiritualist
Medium & Psychic Over
40 yrs exp. Bring back loved
ones in the Quickest Way,
Stop Infidelity, Business

Success, Exams & Career, Black Magic
Specialist, Clear Negativity, Bad Luck,
Protection, Sexual Problems etc.
Results in 7 Days Guaranteed.

**Call 516-206-8543
and 646-339-9948**

132nd Street, 7th Ave., Manhattan, NY

MOST POWERFUL AFRICAN PSYCHIC

Mr. KALLO
LOVE GURU
♥ ♥
LOVE EXPERT

I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case,
Business, Depression, Bond Families, Stop Divorce, Stress
Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy
NO MORE PAIN, NO MORE DISSAPPOINTMENT,
MEET LOVE MASTER TODAY & GET SOLUTIONS

347-271-3493, 917-946-4662



Sheikh Moonir Renowned Spiritual Healer & Advisor

God gifted Power from Ancestors

Can help you out of despair, regardless what
your issues is: MARITAL & LOVE SITUATIONS,
RETURN OF LOVED ONES QUICK, LOVE
EXPERT, BUSINESS, EXAMS, CAREER, JOBS,
COURT CASES, BAD LUCK & BLACK MAGIC,
PROTECTION, IMPOTENCY & MORE,
IMMEDIATE RESULTS WITHIN 72 HOURS,
100% GUARANTEED!

CALL 917.885.4890
mounirbah81@gmail.com

metroCLASSIFIEDS

To place an ad call
866-900-9473
or visit us at
www.metro.us

**DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.**

GAMES

metro.us/crossword

ACROSS

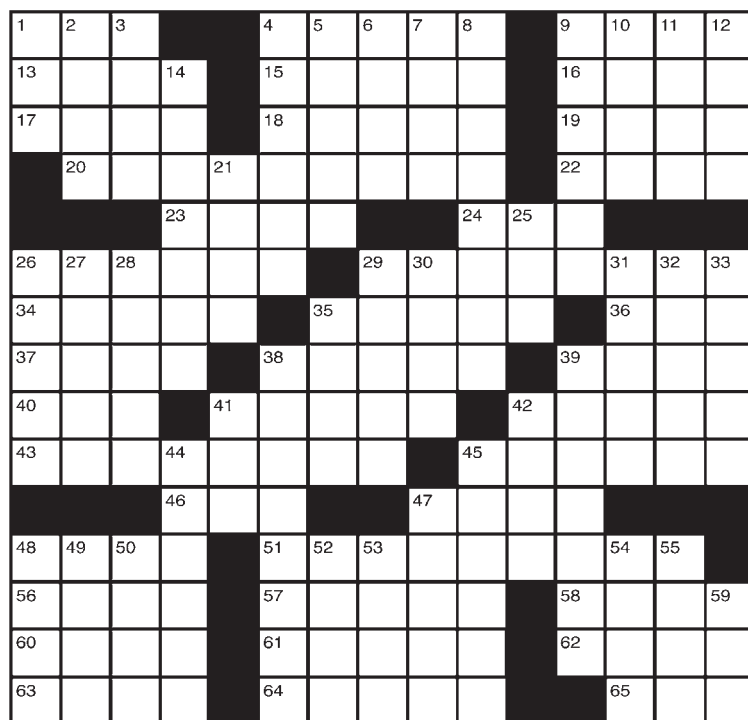
- 1 Think a ___ of; admire
4 Sooty residue
9 ___ Louie; "King of Salads"
13 Singles
15 Short-tailed weasel
16 Give a job to
17 Word to a pest
18 Sicker than before
19 Large trees
20 Get rid of
22 Forty winks
23 Passenger's payment
24 Two-___; like most toilet paper
26 Angry scolding
29 Vulnerable
34 Rehearsal
35 ___ in; stops resisting
36 Compete
37 Refuse to grant a request
38 Casts a ballot
39 "Pussycat, Pussycat, where have you ___?"
40 Pen contents
41 Refueling ship
42 Waive

- 43 Actor Clint
45 Café employee
46 Down with a bug
47 Cash register
48 Tiny branch
51 Adorn
56 Seldom seen
57 Gets closer to
58 Person, place or thing
60 Fragrance
61 Egypt's capital
62 Very excited
63 Loud prolonged noises
64 Actress Burstyn
65 Small barrel

DOWN

- 1 ___ Angeles Dodgers
2 First word in a fairy tale
3 Greenish-blue
4 Like Jacuzzi waters
5 Oliver or Sharon
6 Circle dance
7 Vane direction
8 Spires
9 Ladd or Ties
10 Make angry
11 Upper limbs
12 "Father Knows ___"

- 14 In a rigid way
21 Injure by manhandling
25 Record albums, for short
26 Guitarist Van Halen
27 Madison Square Garden, e.g.
28 Skating ovals
29 Despised
30 ___-present; always around
31 Chris of tennis
32 Military blockade
33 Man in a casa
35 Neighbor of Wyo.
38 Brutality
39 ___ mad; enraged
41 Nocturnal bird
42 Collapse
44 Animals with stripes
45 20th-century U.S. president
47 ___ Haute, IN
48 ___ on; trampled
49 Dry streambed
50 Wrought ___ fence
52 Breakfast or lunch
53 Arrestee's hope
54 Enjoy a long bath
55 Enormous
59 Unpleasant spouse

Powered by
Arkadium

BY TCA

metro.us/wordsearch



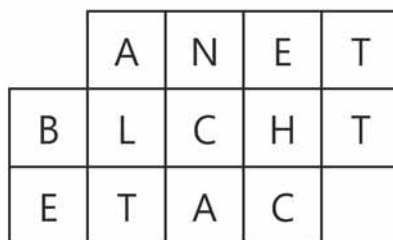
Apartment
Bing
Buffay
Central
Chandler

Friends
Geller
Green
Joey
Monica

Perk
Phoebe
Rachel
Ross
Tribbiani

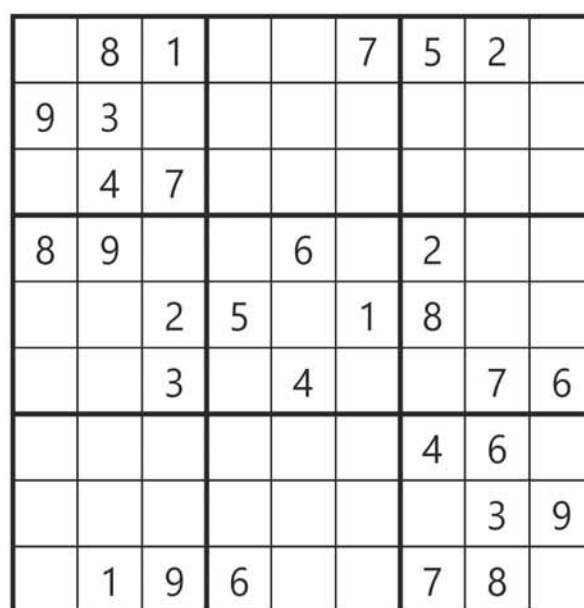
metro.us/wander

Category: Actress



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

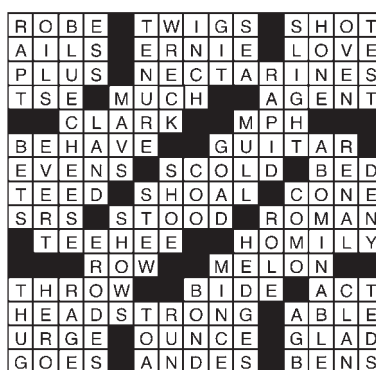
metro.us/sudoku

PLAY ANYTIME,
ANYWHERE

Find these games
and MUCH MORE at
games.metro.us



Yesterday's Answers



metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 • Press releases pressrelease@metro.us • Chief Revenue Officer Ed Abrams, Ed.Abrams@metro.us • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Aleksander Korab, aleksander.korab@metro.us • Managing Editor Morgan Rousseau, morgan@metro.us • Night Editor Jeff Tomko, jeff.tomko@metro.us • Art Director Luis Matos, Luis.Matos@metro.us • Sports Editor Joseph Pantorno, joseph.pantorno@metro.us • Going Out Editor Eva Kis, eva.kis@metro.us • Head of Production Matt Prowell, matt.prowell@metro.us

Altitude for
Audited Media



Relax this summer, as your deposits grow with us!

2.68 % APY# 1 Year CD	3.34 % APY# 5 Year CD	SENIOR CITIZEN CERTIFICATE OF DEPOSIT (Minimum Amount USD 25,000)
2.57 % APY# 1 Year CD	3.24 % APY# 5 Year CD	CERTIFICATE OF DEPOSIT (CD)



Serving your interests from New York for over 4 decades

State Bank of India
460 Park Avenue, 2nd Floor
New York, NY 10022
(Between 57th and 58th Street)

Business Hours : 9:00 am to 4:00 pm (Weekdays)
Phone : 212-521-3390, 212-521-3312, 212-521-3222
Email : mgrmkt.nyb@statebank.com
Website : sbinewyork.com

The APY (Annual Percentage Yield) is effective from August 23, 2018 and subject to change without prior notice. Additional Terms and Conditions apply. Please visit our website.

**Member
FDIC**